

Dr. Suzanne G. Elton, MD

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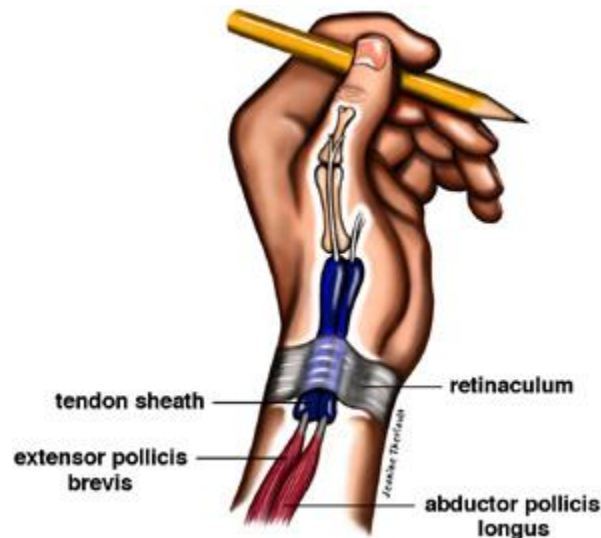
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If you have any questions or concerns, call the office.

DeQuervain's Tendinitis



DeQuervain's tendinitis is a condition in which tendons of your thumb have been irritated. The tendons run down into your thumb through a compartment which, when irritated, enlarges producing friction and pain. This is usually exacerbated by repetitive side to side movement of the thumb and wrist or lifting heavy objects. Your doctor may try exercises, anti-inflammatories, cortisone injections, or splinting. If your symptoms persist, they may suggest surgical intervention- 1st compartment release.

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First Compartment Release Surgery

Your surgeon will make a cut along the inflamed compartment in order to release pressure and allow more room for the tendons. The procedure takes approximately one hour including recovery time. It is usually performed under Local Mac anesthesia which means you will be asleep for the procedure under light sedation (less than required for general anesthesia). You will also be required to have a driver the day of surgery.

What to expect after surgery

Depending on your job duties, you may be able to return to work under certain restrictions- provided you are no longer taking narcotic pain medication (You may wean into over the counter Tylenol, Ibuprofen, or Aleve for your symptoms as tolerated). You will need to avoid heavy lifting and submerging your hand in water until after your post-operative appointment with your surgeon. We suggest you speak with your employer regarding job demands to agree on an expected time of return.

Pain medication will be prescribed for post-operative pain relief. You will slowly wean from this medication over time as your symptoms subside. You may also experience some bruising and/or swelling. These symptoms may be alleviated through Ibuprofen or Aleve, elevation, and ice. (Please do not take additional Tylenol if you are taking narcotic pain medication; this already has Tylenol). Your digits will be free to perform normal activities of daily living and it is recommended that you keep your digits moving to prevent swelling after surgery; however, we suggest you refrain from repetitive gripping and heavy lifting until after your sutures have been removed.

You may remove your post-operative bandage after 48 hours to shower and wash your hands. You may get the surgical site wet, but should still not submerge the site.

Following your hand surgery, it may be difficult to open your medication bottles. If you prefer, you may request NON child-proof bottles from your pharmacist when dropping off prescriptions. However, please consider the risks if you have small children in your home or if any small children may be accessible to these medications.

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Reasons to call our office

Please call our office if you experience abnormal drainage (yellow or green), fever over 100°F, chills, increasing redness around the incision site, or side effects from your pain medication such as prolonged nausea.

Please contact the office if you wish to take extended time for recovery or if your job requirements do not allow you to return. You may file FMLA or Short Term Disability paperwork. Contact our office at 913-652-6348 with any questions or concerns.